

# PRIME TIME NEWS

## MOUNTAIN VIEW SENIOR CENTER

**MAY  
2011**

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### SENIOR CENTER HOURS

**Monday - Wednesday**  
8:30 a.m. - 9:00 p.m.

**Thursday - Friday**  
8:30 a.m. - 5:00 p.m.

### SENIOR CENTER STAFF

DIANE ATIENZA  
Recreation Coordinator

MEGAN GARVERICK  
Recreation Coordinator

SARAH FOSTER  
NANCY HUGYIK  
JUSTINA LINAN  
Recreation Specialists

ELIZABETH MUSSO  
Lunch Program  
650-964-6586

EVENING BUILDING  
ATTENDANTS  
Morgan Byler  
Anthony Cukar  
Jose DeAnda  
Rich Stephens  
Adam Turrey

THE SENIOR CENTER WILL  
BE CLOSED ON

**MEMORIAL DAY**  
**MONDAY, MAY 30**



**WORKSHOPS:** Please note that space is limited for all workshops and preregistration is required. To reserve a seat, call the Center at (650) 903-6330 or visit the front desk.

### **HOW THE BUDGET IMPACTS MEDICARE**

Anyone listening to the news knows that there are debates going on in the political world that will affect Medicare. What is President Obama's plan for Medicare, and how will it impact you? Join Frank Chen from HICAP for this important and enlightening discussion.

**Date: Tuesday, May 17**

**Time: 12:30 p.m.**

### **SHEDDING LIGHT ON STAYING HOME**

Do not be left in the dark with regards to your loved one's medical conditions, medication schedule, doctors' appointments, and more. Join Home Instead Senior Care as they give you a realistic view of and crucial points to understand about being a caretaker.

**Date: Thursday, May 19**

**Time: 1:00 p.m.**

### **GLIMPSES OF HINDUSTANI MUSIC**

Learn about a culture through its music! Join Dr. Madhuwandti Mirashi for a short performance of North Indian vocal music. Afterward, she will share its history, an explanation of how it parallels journey and development, different Indian musical instruments, and how music can work as therapy.

**Date: Thursday, May 26**

**Time: 11:00 a.m.**

### **FREE ICE CREAM SOCIAL & READING EVENT**

**Thursday, May 26, 2011**

**12:45 p.m.**

**Volunteer your time to share reading activities with Castro Elementary School students while enjoying free ice cream! Sign up at the front desk. See page 4 for more details.**



**WORKSHOPS**

City of Mountain View, CSD, Recreation Division  
266 Escuela Ave., Mountain View, CA 94040 (650) 903-6330, [www.mountainview.gov](http://www.mountainview.gov)

# MOVIES, MOVIES, MOVIES!

Come to one of our triple showings!

**Matinee showtimes:** Tuesdays and Fridays at 1:00 p.m.

**Evening showtime:** Wednesdays at 5:30 p.m.

**Location:** Multipurpose Room B

All screenings have captions for the hard-of-hearing, **when available on the DVD**. There is no fee to enjoy these popular movies, and seating begins 30 minutes before the show.



## **ALICE IN WONDERLAND: May 3, May 4, and May 6**

**RATED:** PG

**LENGTH:** 108 Minutes

**DESCRIPTION:** A 19-year-old Alice (Mia Wasikowska) journeys through Underland, where she experiences strange ordeals and encounters peculiar characters, including the vaporous Cheshire Cat (voiced by Stephen Fry), the Mad Hatter (Johnny Depp) and the sadistic Red Queen (Helena Bonham Carter). Anne Hathaway, Alan Rickman, Matt Lucas and Crispin Glover co-star in this inventive, Golden Globe-nominated adaptation of the Lewis Carroll classic.



## **THE SOCIAL NETWORK: May 10, May 11, and May 13**

**RATED:** PG-13

**LENGTH:** 120 Minutes

**DESCRIPTION:** Director David Fincher's biographical drama chronicles the meteoric rise of Facebook CEO Mark Zuckerberg (Jesse Eisenberg) from Harvard sophomore to Internet superstar, examining his relationships with co-founder Eduardo Saverin (Andrew Garfield) and Napster founder Sean Parker (Justin Timberlake). Winning Golden Globes for Best Picture and Best Director, the film also racked up Oscar nods in the same categories and for lead actor Eisenberg.



## **FANTASTIC MR. FOX: May 17, May 18, and May 20**

**RATED:** PG

**LENGTH:** 87 Minutes

**DESCRIPTION:** When Mr. Fox's nightly raids on three nearby farms raise the ire of the selfish farmers, he must outwit the men's plans to catch him in this animated adaptation of the Roald Dahl book. As the farmers' schemes take a toll on his hungry family, Mr. Fox must find a new way to get his paws on the bounty. Wes Anderson directs, and George Clooney and Bill Murray lend their voice-over talents in this Oscar nominee.

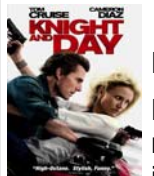


## **UNSTOPPABLE: May 24, May 25, and May 27**

**RATED:** PG-13

**LENGTH:** 98 Minutes

**DESCRIPTION:** It's a nail-biting race against time as an unmanned train carrying a load of lethal chemicals speeds out of control, and a conductor and engineer do everything in their power to keep it from derailing and killing tens of thousands of people. Denzel Washington leads the cast in Tony Scott's tough-minded action thriller, in which a terrible circumstance forces a couple of ordinary men to become extraordinary heroes.



## **KNIGHT AND DAY: May 31, June 1, and June 3**

**RATED:** PG-13

**LENGTH:** 109 Minutes

**DESCRIPTION:** Perpetually unlucky in love, June (Cameron Diaz) becomes intrigued by a mysterious man (Tom Cruise), who unexpectedly drags her into a whirlwind adventure involving devious enemies, life-threatening confrontations and a major discovery that may alter the future of humankind. Directed by James Mangold, this exhilarating action-comedy also features Peter Sarsgaard, Paul Dano, Maggie Grace and Viola Davis.

**\*\*NOTE:** Please bundle up or bring a lap throw with you to the movie. The room is located on the north side of the building, and some people tend to need an extra layer of clothing during the movie.

## NEWCOMERS' GROUP

An orientation & tour of the Senior Center is scheduled for **Monday, May 16, at 2:00 p.m.** It includes a review of classes, upcoming events, social services & general information. Tour begins in the front lobby.

## BIG BINGO - Feeling lucky?

Join us for Big Bingo on **Monday, May 2 at 1:00 p.m.** in the Social Hall.

## COMPUTER VOLUNTEERS

We have helping hands ready to assist free of charge. For those with basic or higher computer skills who need to be pointed in the right direction, volunteers are here to help: Mondays (Judy), Tuesdays (Pennie), and Wednesdays (Shasa) from 1:00 p.m. to 3:00 p.m. Also, come on Thursdays (Pat) and Fridays (Saiyun) from 1:30 p.m. to 3:30 p.m. Come to the lab and ask questions, it is that easy!

## DONATIONS, DONATIONS, DONATIONS



The Senior Center accepts a variety of donations, including:

- Old eyeglasses • Magazines • DVDs •
- Paperback books •

**FREE TABLE**—Located in the game room, you may leave items for others to pick up and enjoy. No perishable or opened items. Small items only please!

## DVD COLLECTION

The Senior Center has a variety of DVDs available for checkout at the front desk. You can borrow up to five DVDs at a time and have them for one week. Come by the front desk to view our movie selection. We accept DVD donations to add to our collection; bring them to the Senior Center front desk. Thank you!



## BOOKS FOR SALE

Donated paperback books are located in the front lobby in the middle stations and on the bookshelves in the far left corner of the lobby. These books are for sale for 10 cents each, payable at the front desk. Maximum amount to be purchased at one time is five!



**SENIOR CENTER** - Anyone can join the Senior Center Book Club! Meetings are held the second Tuesday of each month (**5/10/11**) in the Conference Room from 10:30 – 11:30 a.m. The next book for review is **"The Gift of an Ordinary Day"** by **Katrina Kenison**. June's book will be "When Everything Changed" by Gail Collins.

## EXERCISE ROOM ETIQUETTE

Please follow these rules when using the exercise room to ensure that that our Senior Center remains a safe and comfortable place for all.



AN EXERCISE CARD is required before exercise. See front desk.

KEEP your card with you at ALL times. If you don't have your card, you will be asked to leave.

WRITE your name and start time on the board.

WINDOWS must remain closed in this room.

CELL PHONES are not allowed in this room.



EXERCISE ATTIRE is required. Do not wear open-toed shoes.

WIPE down the machines when you are finished exercising.

30 MINUTES is the limit when others are waiting.

ROOM CLOSED at 8:45 p.m. on Mondays, Tuesdays, and Wednesdays.



ROOM CLOSED at 4:45 p.m. on Thursdays and Fridays.

TELEVISION use is at the discretion of staff.

CONSULT your doctor before starting any exercise program.

REMEMBER, you are never too old to exercise!





## LEARN A NEW CRAFT IN WOODCARVING!

Join a friendly, informal class for both beginning and experienced woodcarvers. Become more knowledgeable about the types of wood, finishes, and skills applicable to this craft. Classes meet



Mondays 1:00—4:00 p.m. in the Arts and Crafts Room. This is a free drop-in class for seniors.

## CALLING ALL ARTISTS

Attention all photographers, sculptors, painters, sketchers, woodcarvers, or anyone with a knack for creative expression! The Senior Center is hosting an art contest that will kick off at the end of summer and go through the beginning of fall! An entry form will be available soon. We will try to accommodate as much art as possible, but space is limited and at discretion of staff.

See Megan for more information.

## 3 CHEERS 4 THE RED, WHITE, & BLUE!

The Independence Day Summer Picnic will take place in Rengstorff Park on **Thursday, July 7, 2011**. Look for tickets and more information next month!

## NEW TABLE TENNIS RULES

The three table tennis tables at the Senior Center are for everyone! The new clocks in the Game Room are specially marked for recording half-hour play. If you are a “drop in” player and would like to play table tennis when tables are occupied, stop by the front desk for a color-coded “next player” card. Note that this card system is not a system for reserving tables: it is only for the immediate next player. This is a trial system, and we ask for everyone’s help to keep the Game Room fair and welcoming to **ALL** skill levels. Please ask for Megan at the front desk for more information.

## FREE READING EVENT AND ICE CREAM SOCIAL

Reading Partners invites you to share the magic of reading with a child at our Reading Partners Ice Cream Social. A group of first graders from Castro Elementary School have been working hard all year to learn to read, and they are ready to show off their new skills.



We are looking for 16 volunteers to be paired with a student as a reading buddy to listen to a story on **Thursday, May 26 at 12:45 p.m.** Afterward, enjoy a fifteen minute play highlighting the reading and acting skills of third graders! Then, everyone will enjoy an ice cream sundae bar to celebrate the children’s success. Do not miss this wonderful opportunity to help a young child become a confident and enthusiastic reader for life! Sign up at the front desk!



## THE BOOKMOBILE MOTORING TO THE SENIOR CENTER

The Mountain View Library’s Bookmobile makes weekly visits to the Senior Center on Thursdays from 10:30 a.m.—11:15 a.m. Sign up for a library card, or use your existing card to borrow a good book, curl up in front of the lobby’s fireplace and read!

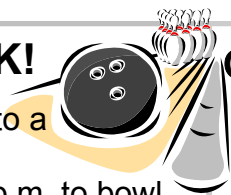
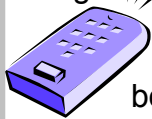
## VOLUNTEER CORNER

March 2011

Brown Bag	240
Lunch Program	295.5
Receptionists	207
Social Services	46
Teaching	246.75
Tax Assistance	530
<b>Total</b>	<b>1565.25 hours!!</b>

## Wii BOWLING IS BACK!

We are turning the Social Hall into a virtual bowling alley! Join us on Tuesdays from 4:00 p.m. - 5:00 p.m. to bowl the afternoon virtually away on the big screen using the Wii Video Game console. Wii bowling provides light exercise, without having to use a heavy bowling ball. Everyone is welcome!



## COME OUT FOR AN AFTERNOON OF MUSIC!

Enjoy the classic sounds of the SOUTH BAY COMMUNITY ORCHESTRA AT THIS FREE PERFORMANCE!

THURSDAY, May 5, 2011  
3:00 p.m. - 4:00 p.m.  
Social Hall



## SENIOR CENTER WITHOUT WALLS

Senior Center Without Walls is a free program that offers activities, friendly conversation, and an assortment of classes and support groups to homebound elders who are unable to come to the Senior Center. Participants call from the comfort of home through telephone conference calls. No special equipment is needed and the calls are completely free. For more information, call 1-877-797-7299 or visit their website at [www.seniorcenterwithoutwalls.org](http://www.seniorcenterwithoutwalls.org). Senior Center Without Walls is the recipient of 2010 Jefferson Award for Public Service.



## BROWN BAG RENEWAL

The Mountain View Senior Center is hosting Second Harvest Food Bank's Annual Brown Bag Renewal on Tuesday, May 10, 2011 from 9:00 a.m. to 11:30 a.m. in the Game Room. **The Game Room will be closed the evening of Monday, May 9th and will reopen Wednesday, May 11th.** All participants must renew for 2011.

For more information or eligibility requirements, call Second Harvest Food Bank at (408) 266-8866.

## SENIOR ADVISORY COMMITTEE

The Senior Advisory Committee acts in an advisory role to the City Council regarding matters pertaining to broader senior issues and operations of the Mountain View Senior Center. Meetings are held on the third Wednesday of each month (except August & December 2010) from 2:00 p.m. - 4:00 p.m. Upcoming meetings will be: May 18, June 15, and July 20, 2011.

## SENIOR RESOURCE FAIR

Mountain View Senior Center  
266 Escuela Avenue, Mountain View, CA

Thursday, June 9th, 2011  
2:30pm-5:00pm

- Blood Screening for Total Glucose
- Dental Screening
- Blood Pressure Screening
- Hearing Screening
- Home Care Information
- Book Mobile **NEW!**
- Health Information
- Transportation Information
- Volunteer Opportunities
- Legal Information
- Appointments with the Health Insurance Counseling Advocacy Program (HICAP) volunteers to have all of your health insurance questions answered!

...and much much more!

**This event is FREE and open to the public!**

**Light refreshments will be available.**

**There will be a FREE Raffle for a chance to win fabulous prizes!**  
**Call 650.903.6330 for more information or to make an appointment.**

**SEE YOU THERE!**



## HEALTH SERVICES

**ALZHEIMER'S SCREENING** - Free behavioral screenings offered on the **fourth Wednesday** of each month (**5/25/11**). PLEASE NOTE: This is NOT a medical screening, only a behavioral analysis.

**BLOOD PRESSURE CHECK** - Come to the counseling room to have your blood pressure checked by volunteer nurses on **Fridays from 10:30 to 11:30 a.m.**

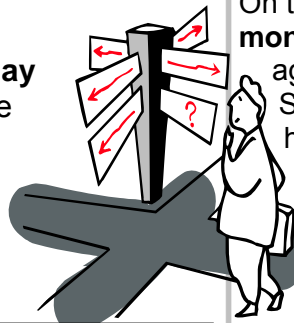
**EYEGLOSS REPAIR** - Adjustments, repairs, advice. **Second and fourth Tuesday** of each month (**5/10/11 and 5/24/11**).

**HEARING SCREENING** - Visit Dr. Tang the **second Monday** of each month (**5/9/11 from 2:00 - 4:00 p.m.**).

**HICAP** - Medical insurance, long-term care, Medicaid & Medigap counseling. **Second and fourth Tuesday** of each month (**5/10/11 and 5/24/11**).

**NOTARY SERVICE** - Offered the **first Thursday** (**5/5/11**) of each month. Appointments available from 8:30 - 10:30 a.m.

**PODIATRY SCREENING** - **Third Wednesday** (**5/18/10**) of each month. NOTE: Feet are NOT touched in the consultation; it is only an evaluation.



Call Mountain View Senior Center front desk at (650) 903-6330 or visit the front desk for an appointment.

## SOCIAL SERVICES

**SENIOR ADULT LEGAL ASSISTANCE (SALA)** - The **1st and 3rd Thursday** (**5/5/11, 5/19/11**). Clients must be 60+ years old and a Santa Clara County resident. Services provided by volunteer attorneys or paralegal personnel. Legal assistance provided for Social Security, Medicare, housing, landlord issues, power of attorney for health care, elder abuse, consumer problems, and simple wills. Due to the high demand for this service, **all appointments must be confirmed by you 4-13 business days before your appointment (the Friday before the appointment, at the latest), or the appointment will be given to another patron.** Please call, email or stop by the front desk in order to confirm or cancel your appointment.

## FOOD SERVICES

**BROWN BAG** - The Second Harvest Food Bank's Brown Bag pick-up and registration is **every Tuesday, starting at 9:30 a.m.** Pre-registration is necessary. Applications may be picked up at the front desk. Renewal for 2011 will take place on May 10 at 9:00 a.m. For more information, please call 1-800-984-3663.

**NUTRITION PROGRAM** - Lunch is served **Monday - Friday** at 11:45 a.m., sign in by 11:15 a.m. Suggested donation is **\$2.50** and more information can be found on pages 8 and 9. Sponsored by Community Services Agency, (650) 964-6586.

## MTA TRANSIT SENIOR CITIZEN CARDS/STICKERS

MTA will be at the Senior Center on **Thursday, June 30** at 10:00 a.m to accept applications for discount cards. Seniors 65+ years or persons with qualifying disabilities are eligible. There is a \$3 fee. Bring legal proof of age. Also, a limited number of discount stickers go on sale the 16th of each month. Tickets are sold **Monday-Friday, 8:30 a.m. - noon**. Exact change is necessary. The cost is \$25.00 per sticker. Cash only please.

## CSA INFORMATION + REFERRAL

On the **third Tuesday of each month** (**5/17/11**) at **11:00 a.m.**, agents from the Community Services Agency will be in the hallway in front of the Social Hall to answer your questions. Stop by to ask them about all the valuable services and resources available to you. No appointment is necessary.

## AARP DRIVER SAFETY

**REGULAR CLASS** - The Safety Program class offered by AARP at the Senior Center is scheduled for **June 21 and 28, 2011 from 6:00 p.m. to 10:00 p.m.** The fee for the 8-hour classroom driving instruction session is \$12 for AARP members and \$14 for non-members. For insurance benefits, contact your insurance carrier directly.

**REFRESHER COURSE** - **Tuesday, August 30, 2011 from 5:30 p.m. to 10:00 p.m.** The fee for the refresher driving instruction session is \$12 for AARP members and \$14 for non-members.

To register for classes, come in or mail a check, payable to AARP, dated the first day of the class. Send checks to the Mountain View Senior Center, P.O. Box 7540, Mtn. View, CA 94039. Cash cannot be accepted.

**ONLINE** - Driver Safety program now available. Visit [www.aarp.org](http://www.aarp.org) for information & to sign up.

NOTE: AARP may cancel course if fewer than 10 students enroll.



# Mountain View Seasoned Travelers



For travel information, registration and payment:  
**Monday - Wednesday and Friday at the front desk, 8:30 a.m. - 12:00 p.m. and**  
**Thursday at the travel desk in front of the Social Hall, 10:00 a.m. - 11:45 a.m.**

## SARATOGA LUNCHEON AND HAKONE GARDENS

**WHEN:** Thursday, May 26, 2011

**COST:** \$114.00 per person

**INCLUDES:** Enjoy a luncheon at Bella Saratoga followed by free time in downtown Saratoga. Then, tour Hakone Gardens, the oldest Japanese estate garden in the Western Hemisphere, followed by a Tea Ceremony and Kimono wearing demonstration.

**DEPART:** 11:00 a.m. from Rengstorff Park

**RETURN:** Approximately 5:00 p.m.



**PLEASE NOTE:** Trips taking place in July and August will depart from the **SENIOR CENTER PARKING LOT**, not Rengstorff Park.

## BLACK OAK CASINO, Tuolumne

**WHEN:** Wednesday, May 11, 2011

**COST:** \$22.00 per person

**INCLUDES:** Casino bonus (\$10 Cash and \$5 Match Play), round trip transportation via luxury motor coach and driver's gratuity.

**DEPART:** 7:30 a.m. from Rengstorff Park

**RETURN:** Approximately 5:30 p.m.

## JACKSON RANCHERIA, Jackson

**WHEN:** Wednesday, June 8, 2011

**COST:** \$33.00 per person

**INCLUDES:** Round trip transportation via luxury motor coach and driver's gratuity.

**DEPART:** 7:30 a.m. from Rengstorff Park

**RETURN:** Approximately 5:30 p.m.

## FREE TRAVEL MEETING

Join the Mountain View Seasoned Travelers to learn about upcoming trips, international and domestic, from Kanen Tours and Collette Vacations. Enjoy free refreshments as well as a raffle where you could win a free casino trip!

**Wednesday, May 4, 2011**

**2:00 p.m.**

**Social Hall**

Everyone is welcome!

## McCOVEY'S RESTAURANT & AT&T PARK TOUR

**WHEN:** Thursday, July 21, 2011

**COST:** \$88.00 per person

**INCLUDES:** Enjoy a hosted lunch at McCovey's in Walnut Creek, a restaurant designed in the

spitting image of San Francisco's AT&T Park, chock full of baseball memorabilia. Then, journey to San Francisco for a private behind-the-scenes tour of AT&T Park, home of the San Francisco Giants—2010 World Series Champions!

**DEPART:** 10:00 a.m. from Senior Center

**RETURN:** Approximately 5:30 p.m.



## HORNBLOWER CRUISES AND EVENTS

**WHEN:** Thursday, September 15, 2011

**COST:** \$112.00 per person

**INCLUDES:** Feast on a gourmet lunch buffet as you enjoy the sights of the world famous Golden Gate Bridge, Bay Bridge, the flora and fauna of San Francisco, Angel Island, and a live narration of the history of Alcatraz, all on this San Francisco Bay waterfront cruise.







**DEPART:** 10:00 a.m. from Rengstorff Park

**RETURN:** Approximately 3:00 p.m.

More trips! Check out the travel flyers at the Front Desk!



TRAVEL

Monday	Tuesday	Wednesday
<p>2</p> <p>10:30 Dancing, lunch room</p> <p>11:45 Lunch Menu</p> <p>Chicken Cordon Bleu</p> <p>Whole Wheat Noodles</p> <p>Green Beans Provincial</p> <p>Garden Salad</p> <p>Mandarin Oranges</p> <p>1:00 Big Bingo</p>	<p>3</p> <p>10:30 Identity Theft Presentation by Sergeant Michael Fisher, lunch room</p> <p>11:45 Lunch Menu</p> <p>Beef Stew</p> <p>Whole Grain Roll</p> <p>Garden Salad</p> <p>Sugar-Free Jello &amp; Tropical Fruit</p> <p>1:00 Movie: Alice in Wonderland</p> <p>4:00 Wii Bowling</p>	<p>4</p> <p>10:30 Line Dancing, lunch room</p> <p>11:45 Lunch Menu</p> <p>Baked Seasoned Fish</p> <p>Brown Rice</p> <p>Sautéed Broccoli</p> <p>Sweet Potatoes &amp; Fresh Fruit</p> <p>12:45 Bingo, lunch room</p> <p>2:00 MV Seasoned Travelers Meeting</p> <p>5:30 Movie: Alice in Wonderland</p>
<p>9</p> <p>10:30 Dancing, lunch room</p> <p>11:45 Lunch Menu</p> <p>Boneless Pork Chop</p> <p>Vegan Split Pea Soup</p> <p>Wheat Roll</p> <p>Garden Salad</p> <p>Tropical Fruit Cup</p> <p>2:00 Hearing Screening</p>	<p>10</p> <p>8:30 HICAP</p> <p>9:00 Brown Bag Renewal</p> <p>9:15 Eyeglass Repair</p> <p>10:30 Book Club - "The Gift of an Ordinary Day"</p> <p>11:45 Lunch Menu</p> <p>Egg Frittata &amp; Muffin </p> <p>Laguna Blend Veggies</p> <p>Salad &amp; Blueberries</p> <p>1:00 Movie: The Social Network</p> <p>4:00 Wii Bowling</p>	<p>11</p> <p>7:30 Black Oak Casino</p> <p>10:30 Line Dancing, lunch room</p> <p>11:45 Lunch Menu</p> <p>B.B.Q. Chicken</p> <p>Pasta Salad w/ Veggies</p> <p>Cauliflower &amp; Carrots</p> <p>Apple</p> <p>12:45 Bingo, lunch room</p> <p>5:30 Movie: The Social Network</p>
<p>16</p> <p>10:30 Dancing, lunch room</p> <p>11:45 Lunch Menu</p> <p>Breaded Cod </p> <p>Spanish Rice &amp; Black Beans</p> <p>Broccoli &amp; Cauliflower</p> <p>Garden Salad</p> <p>Fresh Fruit</p> <p>2:00 Newcomers' Group</p>	<p>17</p> <p>11:00 CSA Information + Referral</p> <p>11:45 Lunch Menu</p> <p>Chicken Pot Pie</p> <p>(vegetarian available)</p> <p>Confetti Coleslaw</p> <p>Apple</p> <p>12:30 Workshop: Budget Impacts on Medicare</p> <p>1:00 Movie: Fantastic Mr. Fox</p> <p>4:00 Wii Bowling</p>	<p>18</p> <p>10:00 Podiatry Screening</p> <p>10:30 Line Dancing, lunch room</p> <p>11:45 Lunch Menu</p> <p>B.B.Q. Pork Ribs </p> <p>Wheat Roll &amp; Baked Beans</p> <p>Carrot Raisin Salad</p> <p>Mandarin Oranges</p> <p>12:45 Bingo, lunch room</p> <p>2:00 Senior Advisory Committee</p> <p>5:30 Movie: Fantastic Mr. Fox</p>
<p>23</p> <p>10:30 Dancing, lunch room</p> <p>11:45 Lunch Menu</p> <p>Swedish Meatballs over Egg</p> <p>Noodles </p> <p>Baked Tomato</p> <p>Spinach Salad</p> <p>Melon</p>	<p>24</p> <p>9:15 Eyeglass Repair</p> <p>11:45 Lunch Menu</p> <p>Salmon Fillet</p> <p>Brown Rice &amp; Steamed Spinach</p> <p>Minestrone Soup</p> <p>Pineapple</p> <p>1:00 HICAP</p> <p>1:00 Movie: Unstoppable</p> <p>4:00 Wii Bowling</p>	<p>25</p> <p>10:30 Line Dancing, lunch room</p> <p>11:45 Lunch Menu</p> <p>Chef's Choice Turkey </p> <p>Whole Grain Roll &amp; Mashed Potatoes</p> <p>Black Beans, Corn &amp; Tomato Salad</p> <p>Cantaloupe &amp; Sugar-Free Jello</p> <p>12:30 Alzheimer's Screening</p> <p>12:45 Bingo, lunch room</p> <p>5:30 Movie: Unstoppable</p>
<p>30</p> <p><b>Memorial Day</b></p> <p><b>Holiday</b></p> <p></p> <p>SENIOR CENTER CLOSED</p>	<p>31</p> <p>11:45 Lunch Menu</p> <p>Meatloaf w/ Gravy</p> <p>Muffin &amp; Seasonal Vegetables</p> <p>Garlic Mashed Potatoes</p> <p>Cantaloupe</p> <p>1:00 Movie: Knight and Day</p> <p>4:00 Wii Bowling</p>	



Thursday	Friday
<p>5 8:30 Notary Service 11:45 Lunch Menu Chicken Asparagus Pecan Pasta Caesar Salad  Cantaloupe 1:30 SALA Appointments 3:00 South Bay Community Orchestra Concert</p>	<p>6 10:30 Blood Pressure Check 10:45 Dancing w/ Ana &amp; Irv 11:45 Lunch Menu Chinese Pepper Steak Fried Brown Rice Brussels Sprouts Oriental Vegetables Cottage Cheese w/ Fruit 1:00 Movie: Alice in Wonderland</p>
<p>12 10:30 Bookmobile 11:15 FIRE DRILL 11:45 Lunch Menu Mediterranean Fish Brown Rice Pilaf Broccoli &amp; Cauliflower Peaches</p>	<p>13 10:30 Blood Pressure Check 10:45 Dancing w/ Ana &amp; Irv 11:45 Lunch Menu Vegetable Lasagna  Chicken Noodle Soup Garlic Bread Tuscany Blend Veggies Banana 1:00 Movie: The Social Network</p>
<p>19 10:30 Bookmobile 11:45 Lunch Menu Spaghetti w/ Meatballs Sautéed Fresh Broccoli Marinated Salad w/ Olives, Cucumbers, and Red Bell Pepper Banana w/ Yogurt 1:00 Workshop: Shedding Light on Staying Home 1:30 SALA Appointments</p>	<p>20 10:30 Blood Pressure Check 10:45 Dancing w/ Ana &amp; Irv 11:45 Lunch Menu Szechwan Chicken Brown Rice Sautéed Cabbage &amp; Carrots Green Salad Strawberries Celebrating May Birthdays  w/ Birthday Cake 1:00 Movie: Fantastic Mr. Fox</p>
<p>26 10:30 Bookmobile 11:00 Saratoga Luncheon &amp; Hakone Gardens 11:00 Workshop: Hindustani Music 11:45 Lunch Menu Mandarin Orange Chicken Brown Rice Green Salad Grapes 12:45 Reading Partners Ice Cream Social</p>	<p>27 10:30 Blood Pressure Check 10:45 Dancing w/ Ana &amp; Irv 11:45 Lunch Menu Breaded Fish Fillet Cornbread Sautéed Cabbage &amp; Carrots Mushrooms 100% Fruit Juice 1:00 Movie: Unstoppable</p>

## Pasta with Scallops, Zucchini, and Tomatoes

**READY IN:** 30 Minutes  
**SERVINGS:** 8



### INGREDIENTS:

1 pound dry fettuccine pasta  
1/4 cup olive oil  
3 cloves garlic, minced  
2 zucchinis, diced  
1/2 teaspoon salt  
1/2 teaspoon crushed red pepper flakes  
1 cup chopped fresh basil  
4 roma (plum) tomatoes, chopped  
1 pound bay scallops  
2 tablespoons grated Parmesan cheese

### DIRECTIONS:

1. In a large pot with boiling salted water cook pasta until al dente. Drain.
2. Meanwhile, in a large skillet heat oil, add garlic and cook until tender. Add the zucchini, salt, red pepper flakes, dried basil (if using) and sauté for 10 minutes. Add chopped tomatoes, bay scallops, and fresh basil (if using) and simmer for 5 minutes, or until scallops are opaque.
3. Pour sauce over cooked pasta and serve with grated Parmesan cheese.

**NUTRITION PROGRAM** - The suggested contribution is \$2.50 for people 60 years and over. The meal cost is \$5.00 for people under 60 years old. Lunch is served at 11:45 a.m. Recommended sign in time: 11:15 a.m. First come, first served.



= Meal contains more than 1000mg sodium

The classes listed below occur periodically throughout the month.  
**PICK UP A CLASS GUIDE AT THE FRONT DESK**

to find out the dates for each class, as well as times, registration and other information.

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS
8:45 Adaptive Yoga	8:30 Community Quilting	9:00 Ceramics-Sm Sculpt	8:45 Adaptive Yoga	8:45 ESL-Beginning Low
8:45 ESL - Beginning Low	9:00 Photoshop Elements	9:00 Painting Club	8:45 ESL - Beginning Low	8:45 ESL - Intermediate
8:45 ESL - Intermediate	9:30 Brown Bag	9:00 Intro to Internet	8:45 ESL - Intermediate	9:00 Calligraphy
9:00 Creative Stitchery	9:30 Speechreader	9:30 Chorus	9:00 Ceramics- E, G, & F	10:00 Feldenkrais
9:00 Intro to Internet	9:30 Strong for Life Sec A	10:00 Therapeutic Yoga	10:00 Qigong, Com Ctr	10:30 ESL -Beg. High
10:15 T'ai Chi	10:30 Strong for Life SecB	11:45 Lunch	10:00 Stepping Strong	10:30 ESL -Adv. Low
10:30 ESL -Beginning High	11:45 Lunch	1:00 Ceramics-Basic/Int.	10:00 Trips Desk	10:30 Blood Pressure
10:30 ESL -Advanced Low	12:30 Spanish Conv.	1:00 Computer Help	10:15 Lifetime of S, E, & F	11:45 Lunch
11:45 Lunch	1:00 Computer Help	1:00 Knitting/Crochet	10:30 Bookmobile	1:00 English Conv.
1:00 Computer Help	1:00 Karaoke	1:15 Orchestra	10:30 ESL -Beginning High	1:00 Line Dancing
1:00 Current Affairs	1:00 Low Impact Aerobics	2:00 Exercise Orientation	10:30 ESL -Advanced Low	1:00 Movie Matinee
1:00 Lifetime of S, E, & F	1:00 Movie Matinee	5:30 Evening Movie	10:30 Zumba	1:30 Computer Help
1:00 Woodcarving	1:00 Workout/Broadway II	5:30 Qigong	11:00 Health Library	2:00 Chinese Folk
1:30 Quiltmaking Tech.	2:15 Workout/Broadway I	7:00 Chinese Folk Dance	11:45 Lunch	2:15 Square Dancing
2:30 T'ai Chi/Qigong	2:30 Chinese Chorus	7:00 Joy of Movement	12:30 Memoirs	
3:30 Chronic Conditions	4:00 Wii Bowling		1:00 Low Impact Aerobics	
6:30 Ikebana	6:30 Exercise Orientation		1:00 Figure & Portrait Draw	
7:00 Social Dance Club	7:00 Brain Gang		1:00 Workout/Broadway II	
7:00 Chinese Folk Dance	7:15 Belly Dancing		1:30 Computer Help	
			2:15 Workout/Broadway I	
			2:45 Beg. Social Dance	

Remember! This grid does NOT reflect start and end dates of classes. The yellow class guide has all class information! Summer Guide coming soon!



**Registration for the classes that occur at our center takes place through the following agencies:**

**MV-LA, Mountain View Los Altos Adult Education**

Three options for registration:

1. Visit MV-LA at 333 Moffett Boulevard.
2. Call **(650) 940-1333** with your credit card available.
3. Visit their website at [www.mvlaae.net](http://www.mvlaae.net).

**DEANZA COMMUNITY COLLEGE**

Visit the class and the instructor will have the appropriate paperwork to fill out. If you need additional class information, you can call **(408) 864-5300**.

**VOLUNTEER**

These classes are free and there is no need to register. Please just attend.

**IN CLASS**

Register for these classes with the class instructor.

**GIVE US  
YOUR EMAIL**

If you would like to receive the *Senior Center Monthly Prime Time News Newsletter* via email, please contact the front desk to give us your name and email address. Newsletters are sent on the last Friday of the month so check your inbox!